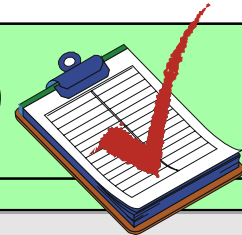


# CHS CHECKUP



A publication by and for employees of the Kentucky Cabinet for Health Services

Feb. 19, 2001

## NEWS BRIEFS

### SEXUAL HARRASSMENT WORKSHOP

There are still a few spots open for the Sexual Harassment Workshop on Tuesday, Feb. 20 in the CHS Boardroom from 8:30 a.m.-12 noon. For further information, contact Priscilla McCowan, 502-564-5705, ext. 3906, or email her at [priscilla.mccowan@mail.state.ky.us](mailto:priscilla.mccowan@mail.state.ky.us).



TIP OF  
THE  
WEEK

Many dietary experts agree that cramp prevention starts with good nutrition. Fueling muscle with adequate carbohydrates can help keep your muscles from running low on glycogen, the starch that the body stores for muscle energy. Just make sure your diet doesn't entirely neglect essential fatty acids.

Cramps brought on by exercise that occur during or immediately after a workout can often be attributed to dehydration. A dried out muscle is more prone to tightness. So drinking water before, during and after prolonged exercise is vital.

Most nocturnal muscle cramps seem to arise in legs, calves and feet, and are often painful enough to wake you up. It's believed that cramping muscles may be a sign of poor circulation, so nutrients that boost blood flow as well as help nerve function may alleviate the problem to some degree.

## Gov. Patton Discusses Medicaid Budget

*Editor's Note: The following is a radio address Gov. Paul Patton taped last week regarding the Medicaid budget situation:*

I'd like to talk to you today about some serious budget issues the state is facing in its \$3 billion Medicaid program.

This is a very important program that serves the health needs of more than a half million Kentuckians including the elderly, the disabled and children.

Officials in my administration have recently explained details about the Medicaid budget problem. There are several reasons for the fact that we are spending more than is budgeted for Medicaid. They include a larger number of recipients than expected higher medical costs; fee increases for providers, and delays in statewide implementation of managed care.

This year the Medicaid budget will be short by \$82.6 million in

**(Continued on Page 2)**

## News Program On Mental Illness To Feature Central State Hospital

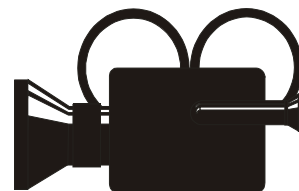
Over the past couple of months, Paula Tamme and her staff at Central State Hospital have been working with John Boel, a news anchor for WLKY-Channel 32 in Louisville, to develop an educational piece about mental illness for viewers. That news story will air on Tuesday, Feb. 20, at 6 p.m. and 11 p.m.

The Kentucky Commission on Services and Supports for Individuals with Mental Illness, Alcohol and Other Drug Abuse Disorders, and Dual Diagnosis is also discussed in the story. Secretary Helton is co-chairing the Commission along with Rep. Mary Lou Marzian.

The Commission was created as a result of House Bill 843, which

focuses on addressing the needs of individuals with mental health, substance abuse, and other disorders which occur at the same time. The work of the Commission will guide future efforts related to program development, funding, and how state resources are used.

This has been an excellent opportunity for Central State Hospital employees to proudly showcase their work. It's also a chance for other CHS employees to find out how some of their colleagues spend their day and to see firsthand some of the services offered at the facility.



### Gov. Patton Discusses Medicaid Budget Issues

#### Continued from Page 1

state and federal funds. Next year, that deficit is projected to be \$281 million.

Kentucky is not alone with problems in Medicaid. Many other states are facing similar challenges with increasing Medicaid costs. We have three options to address this problem of dramatically increased cost.

One is to enact a major tax increase. I don't know anybody in the legislature who thinks this could be done.

Two, we can cut other vital services like police protection or education. I am opposed to cutting education and other vital services for other programs like Medicaid.

The third option and the only one that can realistically be adopted is to restrain the growth in the Medicaid program to no more than the growth in the legislative appropriation for Medicaid, which this year is 8.7 per cent.

I want to reemphasize that we will not be reducing the amount of money the state is spending on Medicaid, quite the contrary.

We are increasing Medicaid expenditures this year by 8.7 per cent! It's the rate of growth in the cost of the program that we have to

slow down.

As my administration has explained to members of the General Assembly in recent weeks, there are four basic ways to reduce Medicaid costs.

They are:

1. Reduce reimbursement rates to providers.
2. Eliminate or reduce optional client groups Kentucky has chosen to extend Medicaid services to.

3. Eliminate or reduce some optional services Kentucky has chosen to provide to persons eligible to receive Medicaid.

4. Implement management initiatives that save money and increase federal government support for Kentucky's Medicaid program.

The Cabinet for Health Services has conducted a careful review of Medicaid services to determine how best to address the problem. After we have reduced costs and increased federal government support as much as we can, we'll balance reductions and cost control measures fairly between providers and people eligible for Medicaid.

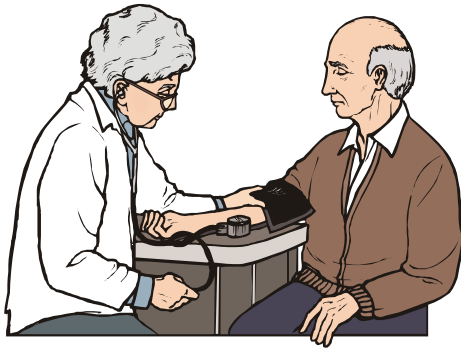
Over the next several weeks my administration will be working to resolve the problem in the Medic-

aid budget.

We have to consider every option, and we are consulting with all those affected as we develop a recommendation.

It is always difficult to deal with programs that affect people's lives. We are taking the utmost care to preserve the services that are critical to people's well being. We are sensitive to the concerns of the people who are affected, and I appreciate their efforts to come up with suggestions to deal with this dramatic increase in the cost of Kentucky's Medicaid program.

Until next week, this is Governor Paul Patton reminding you, that in Kentucky, we know education pays!



#### Cancer Data On CDC Web Site

The Centers for Disease Control and Prevention has new cancer information available at its website at: <http://cdc.gov>

The state-by-state data provides the cancer burden statistics covering areas such as lung, breast, colorectal and prostate cancer.

Kentucky's page notes that the state ranks 4th highest overall in cancer mortality rates among the 50 states and Washington, D.C.

The statistics also provide national data.

